Binghamton Farm Share
Recipe of the Week

www.vinesgardens.org/farmshare 607-238-3522

Vegetable of the Week
Kohlrabi

Kohlrabi, which is green or purple in color, is an unusual looking vegetable that is related to (and tastes a lot like) broccoli or cabbage. Kohlrabi contains leaves and a bulb, both which may be used as substitutes for broccoli or cabbage in any recipe, or cut up and served raw, just like carrot sticks or celery (salad dressing or dip optional). It has great crunch with good nutrition raw or cooked.

STORAGE

- Store the leaves and bulbs separately. The bulb will last for a several weeks in plastic in the fridge or a cool area. Kohlrabi leaves can be used like other greens.
- To freeze, peel the kohlrabi bulb and cube it into inch-size pieces. Blanch for 2-3 minutes, cool in ice water and let dry. Place chunks on a baking sheet and let freeze before transferring to a plastic bag.

PREPARATION

- Remove tops and roots; wash and peel off outermost layer of the bulb. Eat raw, steamed, pickled, roasted, or grated into a salad, slaw, cream-based soup, or mixed into a fritter.
- The greens can be chopped and eaten raw in salad if they are young and tender, or sautéed or steamed. See next page for further suggestions on how to eat kohlrabi.

Information adapted from http://www.earlymorningfarm.com/

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Vegetable of the Week
Kohlrabi Made Simple

SUGGESTED WAYS TO EAT KOHLRABI

- RAW: When eaten raw, kohlrabi is slightly crunchy and mildly spicy. This veggie can be added to a salad, made into a slaw after grating, or eaten alone with a drizzle of olive oil and salt, or dip. Simple coleslaw: grated kohlrabi and radish, chopped parsley, green onion and a dressing of your choice.

- IN SOUP: Kohlrabi can be incorporated into a basic chunky vegetable soup, but due to its sweet flavor, is also well suited for inclusion in a creamy, pureed soup with mild spices. Add it to recipes for Cream of Potato, Cream of Broccoli and Cream of Mushroom soup

- MADE INTO FRITTERS: Shred the kohlrabi and mix it with an egg and a few tablespoons of flour or breadcrumbs. Heat oil or butter in a flat skillet, drop mixture in small mounds onto the skillet and flatten slightly with the back of a spatula. Turn after a few minutes and serve when both sides are crispy.

- ROASTED: Kohlrabi can be roasted in the oven with other vegetables like eggplant and potatoes. The outside will caramelize while the flavor will sweeten and mellow.

- STEAMED: Like most vegetables, kohlrabi can always be steamed and eaten alone with a pat of butter, chilled and marinated with fresh herbs, added to most any dish including stir-fries and pasta, or stuffed into empanadas and calzones.

Adapted from http://www.thekitchn.com/top-five-ways-to-prepare-kohlr-60321

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